

When or Why are you using Tobacco and/or Betel Nut?



After using the restroom



After eating



Hanging with friends



While driving



When stressed or tired



Bored or on break



When I see others doing it



Which applies to you?

"Why do I do it?"

Flip to **PAGE 1:** Just info- no pressure.

"I've tried but I can't quit"

Flip to **PAGE 1:** Let's talk about your reasons

"What will I gain & What do I lose?"

Flip to **PAGE 2:** Let's take a deeper dive.

"I'm ready to quit!"

Flip to **PAGE 3:** Lets make a plan, together.



You've Got Options. You've Got Support.

Wherever you are on your journey, thinking about quitting, trying again, or ready to go all in.

We're here for you.



(670)323-7848

Call the **CNMI Tobacco Quitline**

(670) 236-8291

Call the **Community Guidance Center's Tobacco Cessation Program**



You're not alone. You're not stuck. And you're not too late.



Phone

670 - 682 - 0051/2



Address

Marina Heights Bldg. I, Suite 104,
Puerto Rico, Saipan,
5665 CHR



Email

Mteigita.cca@gmail.com
Fdeleonguerrero.cca@gmail.com

Commonwealth Cancer Association

Can we talk for a minute?

About Tobacco. About Betel Nut. About Health. About You.



let's flip through!



"What will I gain & What do I lose?"

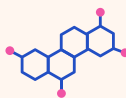
Gains of Stopping



Improves health and increases life expectancy.



Lowers your risk of 12 different cancers, as well as heart attack and stroke.



Healthier pregnancy, better skin & teeth, stronger bones, & protects fertility.



You save money!

Losses of Continuing



Increases your risk of 12 different cancers including Oral Cancer, diabetes, heart attack or stroke, and infertility.



Spending increases, leaving less money for wants and needs.



Feeling stuck, like the habit keeps winning.



Missing milestones or activities due to illness or fatigue.

Circle the top 3 gains that matter most to you.

Circle the 3 losses I feel most afraid of if you continue using.

Flip to Page 3 and Let's build your Quit Plan.

"I'm ready to quit!"

*That's big! And we're so proud of you.
We hope you know you're not doing this alone.
We're here to help you find your way and build
your own Quit Plan. Step by step, at your pace.*

Here's how to start with the CHCC Tobacco Cessation Program:

1

Call the Tobacco Quitline

670-323-7848 — just say, "I'm interested in registering for the tobacco cessation program."

2

Meet your Quit Coach

You'll get a one-on-one support to build YOUR Quit Plan that works for you!

3

Pick your Quit Date

Choose a day and start prepping your tools and support system.

4

Get FREE Replacement Therapies (NRT)!

You'll be issued free Nicotine Replacement Therapy to aid your journey on quitting!

5

Check in & Stay Strong

Stay connected with your counselor and celebrate every step forward.

You're not in this alone.

**Whether it's your first try or your fifth —
we've got your back.**

**Your health, your life, your future — it all
starts with one small step.**

"Why do I do it?"

**Reflecting is powerful. Let's ask ourselves
why we use Tobacco and/or Betel Nut?**

- How often do you think about using tobacco/Betel Nut in a day?
- Have you ever tried to go a few hours or a day without it?
- What could you do with the money you spend on tobacco/Betel Nut each week?
- Does your body feel different now compared to before you started?
- How would life look if tobacco/Betel Nut wasn't in control anymore?



**Even just thinking about this stuff is a step.
You're not alone and you're in control of the pace.**

"I've tried but I can't quit..."

What are we overthinking?



I'm already stressed. What if quitting makes it worse?

Support can help make stress easier — not worse.



I have too much going on right now.

There's never a perfect time. You don't have to change everything at once — even small steps count.



I don't know where or how to start.

You don't have to. We'll help you.



I don't want to make promises I can't keep, or feel embarrassed if I try and stop again.

Every attempt is progress, and you don't owe anyone perfection.

Overthinking doesn't mean you're weak.

It means you care — and that's a good place to start.

Flip to Page 2 and Let's build your Quit Plan.